



Lakeshore Racquets Centre
Squash and Table Tennis Covid-19 Protocol - OCTOBER 2020

After consultation and referencing recommendations (posted at the Centre) from table tennis and squash associations, the LRC Board of Directors has established the following rules. This will provide opportunities for playing indoor racquet sports in a safe, responsible manner. It is very important that everyone follows these rules, not only for personal safety, but to ensure that we will not contravene government guidelines. We trust everyone will abide by the rules, but if you see something, say something; players may need to be reminded of the new rules at times.

Waiver and Protocol

The updated COVID 19 waiver must be signed [online](#) (under 'Member Only' drop down) before you may play indoors. By signing, you are stating that you have read the Protocol document and understand the risk of playing an indoor racquet sport and agree to abide by the protocol and rules as set by the board of directors.

Clubhouse

We cannot guarantee proper daily disinfecting so use washrooms at your own risk. Clean all touch points with the cleaner provided if use of washroom is necessary. Please no showers or sauna at this time. **No social gatherings, including spectators, at this time—please leave the building upon finishing play.**

The Players

Do not play on the courts if you are exhibiting any of the following symptoms according to BCCDC site. The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold.

They include: **Fever, Chills, Cough, Shortness of breath, Sore throat and painful swallowing, Stuffy or runny nose, Loss of sense of smell, Headache, Muscle aches, Fatigue, Loss of appetite.** See [HealthLinkBC](#) for more information.

Courts

A court booking system will be available in November. This is important for contact tracing requirements. At this time, sport associations are advising singles only play or doubles with people from your safe 'bubble'. For league play, Squash BC recommends forming small groups of players and playing exclusively within your group; they also have recommendations regarding protective equipment.

- Maintain a two metre social/physical distance when off the courts
- Please bring your own hand sanitizer and water bottle; **DO NOT SHARE EQUIPMENT**
- Use hand sanitizer before starting play and immediately when finished and clean any touch points after contact (e.g. court doors) with the cleaner provided outside each court.
- Arrive close to your assigned time of play and leave directly after
- Group coaching is limited to 4 people on the court including the coach
- No tournaments or inter-club league play at this time
- 2 opponents at a time maximum for squash (3 on a court), 4-person max on court for table tennis

Guests

One guest per member at a time. Guests must be signed in by the member and pay the applicable fee (\$10/adult, \$5/junior) PRIOR to playing each time. ALL guest passes are no longer valid. Guests must also sign a guest waiver in the folder on the counter, once only, the first time they play.